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Canada going pink for breast cancer cause

World page 5

India on alert after bombings

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I'm a big girl now, Paris says

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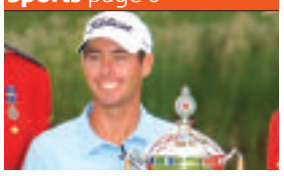


Rookie wins Canadian Open

GoingGreen page 10

Putting the 'eco' in economics

Beijing page 7

Retiree gets back in the Games

Please recycle

SEAN MCMAHON/FOR METRO VANCOUVER

Jay-Z performs at the Pemberton Music Festival last night. The rapper was the festival's co-headliner with Britain's Coldplay.

Big names jam it up at Pemberton

ROB MCMAHON
for Metro Vancouver

A dust bowl, long lineups and sprinkles of July rain weren't enough to discourage or dampen the mood of the roughly 40,000 people who attended the first Pemberton Music Festival this weekend.

As Coldplay, the festival's final act, performed last night, the long, crawling traffic waits and security confusion were a distant memory.

"It's awesome, I hope it comes back again," Eric Jones, 20, said yesterday. "(I'm from) New Brunswick and concerts out there are nothing compared to this one."

Thursday night began with campers waiting — some for several hours — to board shuttles to the festival site. Two main stages were set up against snow-capped Mount Currie, the Bacardi B-LIVE DJ tent and Barn stage.

On Friday afternoon, jets flew overhead and the Rocky Mountaineer train stopped and hooted as passengers waved Canadian flags and the big-name acts began to roll.

The festival's massive site also meant long lineups for the DJ tent and some moanings about the costs.

Parking for vehicles with less than four passengers cost $90 for the full event (or $50 for campers), while a single-day cost $30. In the on-site general store, a 500-millilitre bottle of water cost $3.

Baye Drury, 19, compared the concert to others she's attended in Upstate New York, and found Pemberton a little pricey.

"It's sweet here, but tickets are pretty expensive," she said. "That was the deciding factor, we came for the day and bought the tickets yesterday, but didn't want to spend that much ... In Saratoga I saw Dave Matthews for $60."

FESTIVAL COVERAGE, PAGE 2.

Mountain backdrop

- Pemberton, population 3,000, is located about 30 kilometres north of Whistler.

Share your thoughts »
vancouverletters@metronews.ca

Abbotsford mom delivers her 18th child

ANDREW KING
for Metro Vancouver

As if Livia Iounce didn't already have her hands full after giving birth to her 18th child last Tuesday, she and her husband have been inundated with media requests from around the world.

"I'm doing well and the baby … is doing well," she said during a phone interview from her home in Abbotsford yesterday.

Baby Abigail joins nine sisters and eight brothers who range in age from 20 months to 23 years old.

Livia, 44, said she and her husband, Alexandru, 51, have only depended on each other and their children to raise such a large family.

"Just my kids and my husband," she said, adding that her oldest children, who now live in their own apartments across the street, come home often to lend a hand. Alexandru has also taken time off from his job in construction to help Livia and the family's new addition.

The couple, who have called Canada home since moving from Romania in 1990, said they turned to God to decide how many children they would have and aren't sure if Abigail will be their last.

Hells Angels behave amid lack of privacy

ANDREA WOO
for Metro Vancouver

The Hells Angels wrapped up a weekend-long party yesterday amidst a heightened police presence and a nervous anticipation of wanton havoc that never came.

The event, which marked the 25th anniversary of the motorcycle club's White Rock, Nanaimo and Vancouver chapters, took place at a Langley home and attracted members from across the country.

In response, police dispatched the province's Integrated Gang Task Force, gang experts from Quebec and Ontario and officers from several RCMP detachments.

In a statement, RCMP said the presence was "proportionate to the scale of this event."

In the end, carnage was absent and the only illegal activities that were reported were the smoking of marijuana and the appearance of an Angels' truck that allegedly did not meet regulation guidelines.

No arrests were made.

The Angels said they were unhappy about their lack of privacy.

Free Daily News Group Inc., operating as Metro Vancouver Newspapers 1190 Homer Street, Suite 250, Vancouver, B.C. V6B 2X6. Publisher: Maryse Lalonde

Sandcastle competition makes comeback at White Rock

Sandcastle competitions are back in White Rock after a 20-year hiatus. City council has given a cautionary thumbs-up after a group approached them with the plan to make the contest more family-oriented. Previous events were marred by drunken violence. CKNW.COM

Local

Hundreds save toadlets from tires

Hundreds of volunteers worked to save thousands of dime-sized Western Toadlets as they tried to cross a road near Chilliwack. Cars were crushing the tiny amphibians as they tried to reach their breeding sites.

CBC NEWS ONLINE.

Music festival enjoys epic debut

ROB MCMAHON
for Metro Vancouver

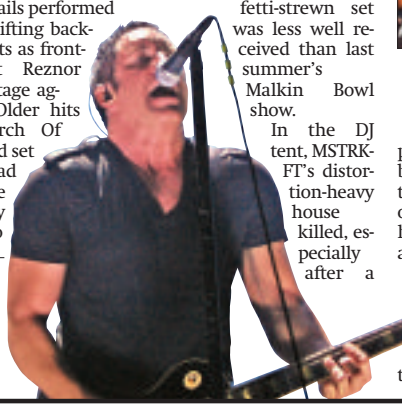
The first Pemberton Music Festival has all the makings of an annual event.

The party kicked off on Friday, when Chromeo set the DJ tent off with Tenderoni and Needy Girl, though a long line of frustrated fans couldn't make it inside.

At the main stage, Interpol delivered Obstacle 1 dressed in suits, their snappy outfits perhaps one reason for a relatively restrained performance.

The first night's headliner Nine Inch Nails performed behind a shifting backdrop of lights as frontman Trent Reznor paced the stage aggressively. Older hits Closer, March Of The Pigs, and set closer Head Like A Hole sent happy crowds into the dust-strewn night.

Saturday morning, campers awoke to threats of rain and showered under the water bottle fill-up stations. Sam Roberts fans ran to the mosh pit, and My Morning Jacket kept the energy high with their experimental southern-influenced rock. The Tragically Hip's Gord Downie led a crowd singalong to New Orleans Is Sinking while dancing with his mic stand. The Flaming Lips unveiled Telly-Tubby-esque dancers and singer Wayne Coyne rolled around in a see-through beach ball. The crowd jumped to high-energy tracks like Race For The Prize, though their confetti-strewn set was less well received than last summer's Malkin Bowl show.



Trent Reznor of Nine Inch Nails, which headlined Friday, performs.

In the DJ tent, MSTRKFT's distortion-heavy house killed, especially after a punchy Justice-Daft Punk blend. Dave Seamen ended the night with a flawless set of similarly slamming house, playing long and late and ending to hopeful calls for more tunes.

Sunday began with rain and the threat of the site turning to a mud pit, but thankfully without early-morning sound checks ricocheting off valley walls.

The crowd swayed to Vampire Weekend. N.E.R.D.'s bouncy tunes preceded Death Cab for Cutie's introspective rock and Coldplay provided a fitting weekend climax with cigarette lighter-lit epic rock.

PHOTOS BY SEAN MACMAHON/FOR METRO VANCOUVER

ABOVE: Wayne Coyne from the Flaming Lips in a see-through beach ball. RIGHT: Chromeo's Dave 1, left, spins in the DJ tent. BOTTOM: Festival-goers walk against Mount Currie.

TODAY'S *question*

Should homeless people have pets?

ANDY MULLEN
26
Dublin
software developer
Yes. They get lonely no doubt. Anybody in any strata of society has the right to own a pet.

DANIELLE LACHANCE
24, Vancouver
dental hygiene
Yes, because it keeps them company, and warm, and they would share what they have with the dog.

WILMA L. BLOW
32
Penticton
financial adviser
No. If they are homeless and they can't afford to feed themselves, how will they feed their dog?

RAFE ARNOTT/METRO VANCOUVER

CONTACT US:

E-mail your letters to: vancouverletters@metronews.ca. Metro reserves the right to edit all letters. Please include your name and contact information.

Steve Nash partners with Whitecaps FC

SOCCER Vancouver Whitecaps FC confirmed that basketball superstar Steve Nash will partner with the soccer team in a bid for one of two Major League Soccer expansion franchises.

"This new partnership is a great fit for me," said Nash, twice the National Basketball Association's most-valuable player. "My passion for soccer and commitment to the community is well aligned with the Whitecaps vision."

If successful, the team would join MLS in 2011.

But the Whitecaps might not be alone in their bid. A local newspaper reported yesterday that Vancouver Canucks-owner Francesco Aquilini has interest in an MLS franchise, either through a partnership with the Whitecaps, or via his own bid.

Whitecaps FC president Bob Lenarduzzi said Friday, the franchise is one of the top professional soccer clubs in North America and is well positioned for an MLS team.

In May, the Whitecaps announced that they would move to a renovated B.C. Place.

The club is still working toward a soccer-specific waterfront stadium in Gastown.

JEFF HODSON/METRO VANCOUVER

letters

Give dog back to homeless man

Re: "Homeless man wants seized dog returned." I am acquainted with Ed (Chase). I have found him to be a gentle man who really loves his dogs. I find the account of the man who was bitten by Ed's dog to be suspect (and) it is reasonable to expect a protective dog, such as Ray, to come to his owner's defence. Up to now Ed and his dogs have been inseparable and I think they should stay that way.

JUDY LYNCH, SURREY

For crying out loud Surrey SPCA, put your tail between your legs and give this man back his dog. The dog is one of the few things this man has in life. And how do you expect a homeless man to raise $5,000 for his release? Who is benefiting with this dog locked up? The dog? The man? Society? Please.

CINDY HUGHES, VIA E-MAIL

E-mail letters to vancouverletters@metronews.ca. Metro reserves the right to edit all letters.

metronews.ca
What's online today.

View additional photos from the inaugural Pemberton Festival
Watch a video report on a baby seal being nursed back to health at the Vancouver Aquarium
Check movie showtimes, trailers and reviews at metronews.ca/movies
Read today's news highlights in Metro Snapshot
Play online Crosswords and Sudoku!

'Super' Wal-Mart set to open in South Surrey
Wal-Mart's first "supercentre" is set to take over South Surrey on Wednesday. The retail giant's new 212,000-square-foot store has critics concerned it'll have a negative impact on local independent businesses. CKNW.COM

JEFF HODSON/METRO VANCOUVER

Port Coquitlam Mayor Scott Young leaves provincial court in June following a sentencing hearing.

Conditional sentence for Port Coquitlam mayor

ASSAULT Port Coquitlam Mayor Scott Young will serve a 12-month conditional sentence for assaulting his ex-girlfriend in April 2007.

Young, who pled guilty in May to two counts of assault and one of breaching an undertaking, will serve his sentence at home with a curfew of 8 p.m. to 6 a.m., CBC News Online reported.

In her judgment, Provincial Court Judge Kimberly Arthur-Leung cited a psychiatrist's report describing the Port Coquitlam mayor as a "rejected stalker."

Young will also serve 18-months probation and he has been ordered to perform 60 hours of community service.

He is also to abstain from drugs and alcohol and to stay clear of ex-girlfriend Colleen Preston and her friend Glen Shaw.

Young, who has not stepped down, refused to discuss his political future.

Share your thoughts »
vancouverletters@metronews.ca

3 escaped inmates still at large

ANDREW KING
for Metro Vancouver

PRISON Three inmates are still on the loose after they easily walked away from their prison work crews, bringing the number escapees to four this year from the minimum security Fraser Regional Correctional Centre.

Across B.C., six inmates have now escaped minimum security jails.

Robert Gordon Clarey, 42, was the first to escape after he evaded officials and left his work crew in Albion on Friday.

A day later, Wilson Jones, 38, and Colin Richardson, 23, were working at the Allco fish hatchery in Ridge Meadows on Allouette Road and 249th Street when they managed to disappear undetected.

All the men were serving time for minor offences and are not considered a threat to the public, according to the RCMP.

Reading Ledger's lips

Local actor hired to lip-read actor's last remaining footage

JEFF HODSON
jeff.hodson@metronews.ca

A Vancouver actor and mime was tapped to lip-read some of the last footage of Oscar-nominated actor Heath Ledger.

Max Fomitchev, a local deaf actor, and wife Selena Lohan, were asked to decipher 11 minutes of footage shot during the making of Ledger's last film, Terry Gilliam's The Imaginarium of Doctor Parnassus.

Ledger died Jan. 22 in New York City. Johnny Depp, Jude Law and Colin Farrell replaced him in the role.

The footage, which has no audio, was taken from camera or costume tests during filming.

Fomitchev and Lohan spent three hours watching the footage.

"We were able to fill out what he was saying, and some of it was cheeky, a little sassy and rude," Lohan said.

"We got to know him so well … he's got such a sense of humour. He's so playful."

At one point, Ledger stopped, broke from character, and said, "I'm really not feeling very well," she said, adding that the insight, so close to the actor's death almost made her tear up.

"By the end of the three hours we felt like we had lost somebody."

They were able to lip-read about 70 per cent of what the actor was saying, but don't know how the deciphered footage will be used.

JEFF HODSON/METRO VANCOUVER

Max Fomitchev performs yesterday with a prop from his new play Defective. Fomitchev, who is deaf, was asked to lip-read footage of Heath Ledger, inset, shot shortly before the actor's death.

Fomitchev's background

- Fomitchev, a classically trained Russian mime, stars in Defective, a new play at Havana Theatre on Commercial Drive.
- The play loosely parallel's Fomitchev's defection from the Soviet Union (he and another mime ran away from their performance group at Vancouver airport).

Zipcar challenge working out

ANDREA WOO
for Metro Vancouver

"The biggest challenge is being patient."
Penny Cholmondeley
Zipcar user

CARS One week after trading in her car for a bus pass and a Zipcar membership, Penny Cholmondeley says all is groovy.

"So far so good," said the Mount Pleasant resident, reached yesterday while walking to a restaurant she normally would have driven to.

Cholmondeley is one of 12 Vancouverites who signed up for Zipcar's month-long Low-Car Diet Challenge last Monday in an effort to reduce personal car use.

She has replaced her daily drive to the University of B.C., where she works, with bus rides, and has used a Zipcar once, to pick up her boyfriend from the airport.

"It's all actually pretty convenient," she said. "The biggest challenge is being patient and recognizing that unlike a car, where you can just walk out the front door and get in and go, you've got to adhere to a timetable."

Zipcars are public-use cars that can be rented by the day or hour. They can be picked up or dropped off at various locations around the city and membership fees include gas and insurance.

News in brief

TRANSLINK The lone passenger on a TransLink bus in Surrey tried to commandeer the vehicle yesterday morning, cknw.com reports. Police said when the man couldn't wrestle control from the driver he broke out the rear doors and then collapsed on King George highway.

CRASH An RCMP cruiser was hit head-on by a northbound vehicle that crossed the centreline near an area known as Suicide Hill outside Pemberton early yesterday morning.

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MMA fighters attacked
Seven people involved in a mixed martial arts tournament in Gatineau over the weekend were beaten and tasered by 10 assailants who broke into their hotel room. One man is in a coma. The others were treated and released. METRO CANADA

Canada

"This is very disconcerting to us as a police service."
Halifax police spokeswoman Theresa Rath speaking about an officer who is facing criminal theft charges.

Accused
The officer is facing three counts of theft under $5,000, two counts of possession of stolen property and one count of unsafe storage of a firearm.

News in brief

CARBON TAX Byelections to fill three seats in the House of Commons will be held on Sept. 8 with the major issue likely to be the Liberal party's proposal to introduce a carbon tax. Prime Minister Stephen Harper announced the date of the elections Friday. Two of the seats are held by Liberals and one by the Bloc Quebecois.

FALSE ALARM A 12-year-old Quebec girl who claimed she had been kidnapped has admitted to police it was a hoax. Police will not charge her with mischief because of her age. Police spent Friday night and Saturday hunting for a suspect the girl claimed had forced her into a vehicle.

MAYERTHORPE A tentative trial date has been set for two men charged with first-degree murder in the shooting deaths of four Alberta RCMP officers killed in Mayerthorpe.

REUTERS

NATO offering to send more troops to help in Kandahar

CANADIAN MILITARY NATO countries have agreed to send more troops to the volatile south of Afghanistan, Foreign Affairs Minister David Emerson said on Saturday, and another 200 Canadian troops could also be deployed.

Canada has more than 2,500 soldiers in Afghanistan, and have suffered one of the worst casualty rates fighting a resilient Taliban insurgency in the southern province of Kandahar.

"We've been talking with our NATO allies and in fact we do now have commitments to increase the number of troops particularly in the Kandahar region," Emerson said in Kabul.

"We're really more comforted that the troop support is being increased in an appropriate way," Emerson said.

200
The number of soldiers by which Foreign Affairs Minister David Emerson said Canada may increase it's troop level.

Faced with some of the fiercest fighting in Afghanistan, Canada has criticized other countries for refusing to send troops to the south, where the insurgency is strongest.

Asked if Canada was going to increase its own contingent in Afghanistan, Emerson said it could send some 200 soldiers. He is on his first trip to Afghanistan since taking office in May.

REUTERS

RENE JOHNSTON/TORSTAR NEWS SERVICE

Josh Sutherland, a University of Toronto law student, aims to tour five native reserves in B.C., Alberta and Saskatchewan in August to promote the idea of law school to native teens.

Pitching the law

Josh Sutherland is a University of Toronto law student whose grandmother is Ojibwa — which makes him Métis, an aboriginal.

The 25-year-old adventurer has decided to use a bike to travel 1,700 kilometres between five native reserves in British Columbia, Alberta and Saskatchewan in August to promote the idea of law school — but he hasn't ridden a bicycle in 15 years.

"I figured if I show up on a reserve by car, they'd probably think I was lost, but if I arrive by bicycle with my helmet and jersey and sunglasses and loaded down with saddle bags on front and back, it will break the ice and catch the kids' attention," said Sutherland, who has been madly training for three weeks.

"I figured if I show up on a reserve by car, they'd probably think I was lost."
Josh Sutherland

What he will tell them, he says, is to forget all the myths that keep so many aboriginals from going on to higher education and sets their sights on a professional life.

Sutherland will fly out Wednesday with his bike to Vancouver and begin a cycling tour of reserves in in B.C. then on to Calgary and Saskatoon.

TORSTAR NEWS SERVICE

Cambodian ruling party claims election victory
The ruling Cambodian People's Party claimed an expected victory in yesterday's general election, giving another five years in power to ex-Khmer Rouge guerrilla Hun Sen, prime minister for the last 23 years. The CPP was on course to win 80 of the 123 seats. REUTERS

World/Business

India on alert after 2 days of bombings

India's big cities were put on high alert yesterday, with fears of more attacks after at least 46 people were killed in two days of bombings that hit a communally sensitive western city and a southern IT hub.

At least 16 bombs exploded in the city of Ahmedabad in Gujarat state on Saturday, killing at least 45 people and wounding 161, a day after another set of blasts in Bangalore killed a woman.

Two more unexploded bombs were found in the city of Surat yesterday.

A little-known group called the Indian Mujahideen claimed responsibility for the Ahmedabad attack. The same group said it carried out bomb attacks that killed 63 people in the city of Jaipur in May.

There were two separate series of bombings in Ahmedadad, the first near busy market places. A second quick succession of bombs went off 20 minutes later around a hospital. All were detonated with timers. At least one bomb was tied onto a gas cylinder. Many of the bombs were packed into metal tiffin boxes, used to carry food. REUTERS

PAWAN KUMAR/REUTERS
Indian railway police check luggage at a station in the northern city of Lucknow yesterday.

Business

Imports are quarter of vehicle market

IMPORTS Auto imports in Canada and the U.S have climbed to their highest levels in two decades, providing union leaders with more ammunition for government intervention.

Canadian and U.S. sales of vehicles from other countries peaked in 1987 and then fell for about 10 years to less than 12 per cent. Such sales have risen steadily in the past decade to more than 25 per cent of the market this year, according to DesRosiers Automotive Consultants.

The change supports arguments by the Canadian Auto Workers union and some companies that imports are flooding the continent while their home countries put up trade barriers to curb sales of North American-made vehicles.

The union has called for government intervention to press for fair access to foreign markets and force offshore companies to build more plants here.

TORSTAR NEWS SERVICE

brighter side

- DesRosiers said the growing popularity of offshore autos may lead to a new round of assembly plants in North America since it would be more profitable to build them here because of high volumes.

In brief

SATELLITE RADIO Sirius Satellite Radio Inc.'s $3.3 billion US purchase of XM Satellite Radio Holdings was approved with conditions, including a three-year cap on prices, by U.S. communications regulators Friday, clearing the way for a deal that will leave just one U.S. satellite radio service.

WTO TALKS The United States said on Saturday it was ready to talk about giving more temporary access to its labour market for foreign professionals, a big demand of some developing countries in world trade talks in Geneva. Many developing nations want lower barriers for their lawyers, accountants, midwives, nurses and other professionals.

REUTERS

Apple CEO's life not at risk: Report

HEALTH Apple Inc CEO Steve Jobs does not have recurrent cancer or a life-threatening health issue, The New York Times reported on Saturday. In 2004, Jobs, 53, had surgery to remove a rare type of pancreatic cancer. Concerns about his health roared back last month, when a thinner-than-usual Jobs introduced the latest iteration of the iPhone at a conference in San Francisco. Apple attributed the weight loss to a common bug. REUTERS

Steve Jobs

Tennessee

Church shooting leaves two dead

SHOTGUN A man opened fire with a shotgun in the Tennessee Valley Unitarian Universalist Church in Knoxville, Tenn., yesterday morning, killing two people and wounding several others. Seven others were wounded, four critically, police said. Local media said a man walked into the church while children were performing a scene and began firing.

REUTERS

Qantas to inspect oxygen bottles

747 EMERGENCY Qantas was ordered yesterday to check all oxygen bottles on its fleet of Boeing 747s after investigators said an exploding oxygen bottle might have ripped a hole the size of a minivan in a Qantas 747, forcing it to make an emergency landing at Manila. All 346 passengers and 19 crew disembarked safely.

REUTERS

Istanbul blasts kill 13, injure 100

TERROR Thirteen people died and up to 100 were wounded yesterday when two bombs exploded in a busy shopping district in Istanbul, officials said.

"It is certain that this is a terror attack," city governor Muammer Guler said.

TV showed ambulances carrying badly wounded people to hospital after the explosions at two sites in the Gungoren district of Turkey's biggest city.

The victims were killed by the second explosion after a small blast in a telephone kiosk brought people out onto the street, NTV television news said.

"First a percussion bomb exploded and then a bomb in a garbage container exploded," Deputy Prime Minister Hayati Yazici said.

Kurdish separatists, far-left groups and Islamists, have carried out bomb attacks in Istanbul in the past.

Turkey has been plunged into political uncertainty by a court case over banning the ruling party that begins today. REUTERS

Contest **Blowing their horns**

VALENTIN FLAURAUD/REUTERS
More then 100 Alphorn blowers perform during the International Alphorn contest in the southern part of Switzerland, on the alp Tracouet in Nendaz yesterday.

News in brief

TENSIONS Hamas and Fatah carried out tit-for-tat arrests of each other's followers yesterday after Gaza bomb attacks killed five Hamas militants and a girl on Friday, fuelling tension between the Palestinian factions.

NUCLEAR TALKS U.S. presidential candidate Barack Obama said U.S. President George W. Bush's decision to send a senior diplomat to nuclear talks with Iran was a substantive move and should be taken seriously by Tehran. Obama has been highly critical of Bush's policies toward Iran. REUTERS

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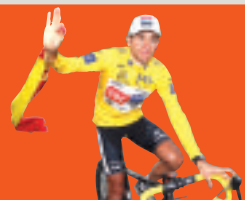
MLB

Relief pitcher Rich "Goose" Gossage was inducted into the Baseball Hall of Fame yesterday. Gossage compiled 310 career saves with nine different MLB franchises. **METRO NEWS SERVICES**

Sports



Spaniard delivers three-peat

Carlos Sastre, left, became the third successive Spaniard to win the Tour de France yesterday. Sastre's victory follows triumphs for Oscar Pereiro in 2006 and Albert Contador last year. Australian Cadel Evans finished second overall, 58 seconds behind Sastre, who effectively secured victory on Saturday after resisting Evans in the decisive time-trial. Reuters

SPORTS EDITOR: JONATHAN P. KUEHLEIN, SPORTS@METRONEWS.CA

Rookie claims Open title

Weir continues solid play, but forced to settle for fifth

American Chez Reavie overcame an early wobble to card a final round 70 and clinch his maiden PGA Tour title with a three-shot victory at the RBC Canadian Open yesterday.

Reavie, who had had just one top-30 finish in 21 starts during a tough rookie season, began the final round with a one-shot lead over compatriot Anthony Kim.

He bogeyed two of his three opening holes but grimly fought back to seal victory with a birdie at the last for a 17-under 267 winning total.

"I was actually surprised at how calm I was out there today," Reavie said. "Obviously, that was my goal, but I had never been in that situation, so I didn't know what to expect.

"I just managed to stay patient. I never pressed. Even when I made two bogeys early, I just kept with my game plan."

Mike Weir of Bright's Grove, Ont., bidding to become the first Canadian in 54 years to lift the national title, finished five strokes behind Reavie in a tie for fifth but ignited the home crowd with a late charge including birdies on two of his three final holes.

Billy Mayfair fired a three-under 68 to finish alone in second on 14 under. Americans Sean O'Hair (68) and Steve Marino (70) were one shot further adrift on 271.

REUTERS

DAVID COOPER/TORSTAR NEWS SERVICE

Chez Reavie of Scottsdale, Ariz., claims the RBC Canadian Open trophy yesterday at the Glen Abbey Golf Club in Oakville.

Sports in brief

SOCCER The Vancouver Whitecaps women's team saw their season come to an end on Saturday, as they lost 1-0 to Seattle Sounders in the USL W-League Western playoff final.

MLB Jarrod Washburn tossed eight innings of one-run ball as the Seattle Mariners defeated the Blue Jays 5-1 yesterday in Toronto. **METRO NEWS SERVICES**

TENNIS Rafael Nadal won his fifth tournament in a row with a 6-3, 6-2 victory over Nicolas Kiefer at the Rogers Cup yesterday in Toronto. **REUTERS**

LOTTERIES

Friday, July 26
Lotto Super 7 04, 05, 28, 29, 32, 39 & 40. Bonus 8.
Extra 02, 03, 05, 76.
Saturday, July 27
Lotto 6/49 2, 6, 20, 23, 38 & 45. Bonus 24.
B.C. 49 12, 21, 22, 44, 45 & 47. Bonus 20.
Extra 42, 67, 81, 99.
Results not official

SCOREBOARD

MLB

YESTERDAY'S RESULTS

AMERICAN LEAGUE
Baltimore 5 L.A. Angels 2
Boston 9 N.Y. Yankees 2
Detroit 6 Chicago White Sox 4
Kansas City 6 Tampa Bay 1
Minnesota 4 Cleveland 2
Oakland 6 Texas 5
Seattle 5 Toronto 1

NATIONAL LEAGUE
Arizona 7 San Francisco 2
Chicago Cubs 9 Florida 6
Colorado 11 Cincinnati 0
Houston 11 Milwaukee 6
L.A. Dodgers 2 Washington 0
N.Y. Mets 9 St. Louis 1
Philadelphia 12 Atlanta 10
San Diego 3 Pittsburgh 1

TODAY'S GAMES

AMERICAN LEAGUE
L.A. Angels at Boston, 4:05
Baltimore at N.Y. Yankees, 4:05
Detroit at Cleveland, 4:05
Tampa Bay at Toronto, 4:07
Seattle at Texas, 5:05
Chicago Sox at Minnesota, 5:10
Kansas City at Oakland, 7:05

NATIONAL LEAGUE
Colorado at Pittsburgh, 4:05
N.Y. Mets at Florida, 4:10
St. Louis at Atlanta, 4:10
Chicago Cubs at Milwaukee, 5:05
Cincinnati at Houston, 5:05
Arizona at San Diego, 7:05
San Francisco at L.A. Dodgers, 7:10

CFL

WEEK 5
LAST NIGHT'S RESULT
Saskatchewan 28 Toronto 22

FRIDAY'S RESULTS
B.C. 36 Montreal 34
Edmonton 19 Hamilton 13

THURSDAY'S RESULT
Winnipeg 32 Calgary 28

SOCCER

GAMES FEATURING THE VANCOUVER WHITECAPS MEN'S TEAM:
SATURDAY'S RESULT
VANCOUVER 1 Carolina 0

BASEBALL

NORTHWEST LEAGUE GAMES FEATURING THE VANCOUVER CANADIANS:
LAST NIGHT'S RESULT
Tri-City 5 VANCOUVER 3
TONIGHT'S GAME
VANCOUVER at Tri-City, 7:15

Are You a Metro Adventure Seeker?

Tell us about your craziest adventure of all time and you could win a fun filled weekend at Sun Peaks Resort! We'll set you up with a two-night stay at the Coast Sundance Lodge, hiking and biking passes, plus kayak and mountain bike rentals. Enter to win at metronews.ca

Photo by: Adam Stein

The Coast Sundance Lodge
Sun Peaks Resort
metro Do it daily.

No purchase necessary. One entry per person. Contest closes Sunday, August 2, 2008. Odds of winning depend on the number of entries received. For full contest rules and details, visit www.metronews.ca.

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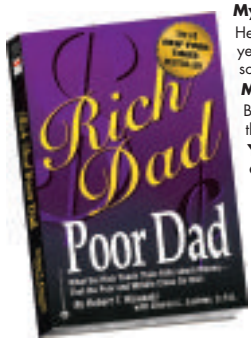

My Poor Dad was educated and intelligent.
He completed four years of undergraduate work in less than two years. He then went on to receive his Ph.D... all on full financial scholarships.

My Rich Dad never finished the eighth grade.
Both men were successful in their careers, working hard all their lives. Both earned substantial incomes.

Yet my highly educated dad struggled financially all his life and the other dad would become one of the richest men I had ever known.
One died leaving tens of millions of dollars to his family, charities, and his church. The other left a legacy of unpaid bills. Both men were strong, charismatic, and influential.

Both men offered me advice, but they did not advise the same things.
My two dads offered me the perspective of contrasting points of view: a rich man's view and a poor man's view. This forced me to think about, and ultimately choose, a new way of thinking for myself. A way of thinking that assures financial security and prosperity! Now, through my books and workshops, I can share my mindset with anyone interested in mastering the Rich Dad® way of thinking – and use it to create true long-term wealth.

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Robert Kiyosaki does not participate in this event.

Housing
The Olympic village, which will house 16,000 athletes and officials during next month's Games, was officially opened yesterday. REUTERS

Beijing Games

SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

'It's time to chase the dream'

Olympian Russell rekindles love of canoeing after brief retirement

MATTHEW WUEST
Metro Canada

Andrew Russell's biggest step toward the Olympics came five years ago, when he stepped away from his canoe.

The 25-year-old's unique road to Beijing saw him retire from paddling in 2003 for more than two years to rest chronic shoulder problems and to focus on getting his political studies degree at Queen's University in Kingston, Ont.

"I needed some time to get healthy and reinvigorate my passion for the sport," Russell says. "I needed some time away to realize how much I wanted to get back in a canoe again."

Russell was born with paddling in his blood and virtually grew up on Lake Banook in Dartmouth, N.S. His grandfather and father were both heavily involved in the sport, while all three of his brothers were competitive paddlers.

He first stepped into a canoe at the age of six. When he stepped away 14 years later, it wasn't easy.

"You have something that's part of your childhood and it's engrained in your day-to-day-life, and then you step away from it ... And you really miss it," he says.

With a healthy shoulder and a degree under his belt, Russell decided to give paddling another shot.

"I didn't want to look at things 10 or 20 years from now and ask myself the big, 'What if?'" he says. "It was time to man up and chase the dream."

CANOE-KAYAK CANADA PHOTO

Andrew Russell, front, and Gabriel Beauchesne-Sevigny.

He came back better than ever, but it wasn't easy.

When he came out of retirement, he wasn't on the national team and had no funding to support his training. He spent the first year working at a full-time job while training, often starting his day at 5:30 a.m. and finishing at 8 p.m.

Sometimes, he wondered if it was worth sticking with. But with the help of a sponsor — Remote Access Technologies — he re-established himself after teaming up with Gabriel Beauchesne-Sevigny.

Within a year, Russell made it back on the national team. That got him funding and a spot at the world championships. Within two years, he and Beauchesne-Sevigny had established themselves as the country's top canoe tandem.

They've won four bronze medals and a silver at four World Cup events over the past 15 months, and qualified for the Olympics earlier this summer. They're looking forward to competing in the C-2 500 and 1,000 metres in Beijing.

Russell never imagined this scenario when he retired.

"I'm just really happy I got back into it," he says. "It's the best decision I've made."

Iraq seeks to have ban overturned

POLITICS Iraq has urged the International Olympic Committee to overturn its ban on the country's participation in the Beijing Games and hopes to meet with the body soon, Iraq's sports minister said on Saturday.

Seven Iraqi athletes — two rowers, a weightlifter, a sprinter, a discus thrower, a judoka and an archer — had won places in Beijing before their country was banned. REUTERS

Tomorrow's lineup

BEIJING'S BAGGAGE An elite international sporting event inevitably comes with host city baggage. Read tomorrow's Metro for more.

10 days remain until the official start of the 2008 Summer Olympic Games in Beijing.

Sea of pink

A sea of pink will unite communities across Canada this week to encourage participation in this year's Canadian Breast Cancer Foundation CIBC Run For The Cure and to raise awareness about breast cancer. METRO NEWS SERVICES

Pink Week

Local businesses join in

As part of Paint Canada Pink Week, which starts today and runs until Aug. 3, there will be flag raisings with local politicians, radio contests, a Tickled Pink dessert promotion, a Pink Blitz for awareness opportunities, and banner raisings in most communities — with volunteers going up in a bucket truck.

SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

Paint Canada for good cause

Initiative aims to raise awareness, funds

The Canadian Breast Cancer Foundation wants pink to become the national colour.

The foundation is launching its Paint Canada Pink Week today, a grassroots initiative all across the country until Aug. 3 to promote its CIBC Run For The Cure Event — the organization's largest annual fundraiser — taking place on Oct. 5.

Nationwide community events will raise awareness about breast cancer in various ways. In Ontario, for example, the CN Tower will be coloured pink and local restaurants across the province will offer pink menus with proceeds going towards the foundation. In the Maritimes, buses will be wrapped with foundation images promoting the October run.

The initiative is volunteer-based, says Sandra Clegg, manager of marketing and communications for the foundation, and you can participate by checking for local events in your area, or by starting one yourself.

This year, the foundation predicts an estimated 22,400 women in Canada will be diagnosed with the disease.

Breast cancer is an issue that connects Canadians from coast to coast: This year, the foundation predicts an estimated 22,400 women in Canada will be diagnosed with the disease — an average of 431 every week. One in nine women is expected to develop breast cancer during her lifetime. An estimated 5,300 women and 50 men will die from it this year.

Intimidating figures, but there's more cause to be optimistic. Significant improvements in research have been made, in part as a result of the foundation's work. Since 1969, incidence and death rates of breast cancer in Canada have declined in women aged 20-39. Survival rates have improved since the 1980s, partially as a result of better screening and treatments. Presently, the relative survival rate for breast cancer in this country is 87 per cent according to the foundation's website, meaning people diagnosed with the disease have an 87 per cent likelihood of living for five years after their diagnosis.

Metro also participated in the fight against breast cancer by running an all-pink edition on May 6 and donating 5 per cent of its advertising revenue for that day towards the foundation.

For more information on breast cancer, visit cbcf.org. METRO NEWS SERVICES

SAUL PORTO/TOP NEWS

Metro Canada Group Publisher Bill McDonald presents Canadian Breast Cancer Foundation National Chair Alison Youngman with a cheque for $40,592.

Runway fashion, with a twist

As part of its partnership with the Canadian Breast Cancer Foundation, Purex is launching its fifth annual White Cashmere Collection 2008: A Touch Of Pink, Designing A Future Without Breast Cancer this fall. Eight leading Canadian fashion designers, including David Dixon, Project Runway Canada winner Evan Biddell and Arthur Mendonça, crafted couture dresses from sheets of white Purex bathroom tissue.

For more, log on to cashmere.ca. METRO NEWS SERVICES

This dress was designed by former Project Runway Canada contestant Lucian Matis.

Dress designs by Arthur Mendonça, above, and Joeffer Caoc, right.

Design by Evan Biddell, winner of Project Runway Canada.

Design by Joyce Gunhouse and Judy Cornish for Comrags.

Breast cancer affects Canadians from coast to coast.

On **Sunday, October 5, 2008**, unite with all Canadians in the Canadian Breast Cancer Foundation CIBC Run for the Cure.

Be part of the largest single-day volunteer-led fundraising event dedicated to creating a future without breast cancer.

Who are you running for?™

Walk, Run and Give Generously

Connect with Canada today at www.cbcf.org

CIBC Run for the Cure

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Natural designs
Earth Tones columnists delve into natural designs. For more, see metronews.ca.

Going Green

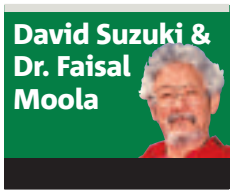
Save a tree

According to Greenpeace, if each Canadian household replaced one roll of toilet paper cut from ancient forests with one roll of recycled toilet paper, we could save 47,962 trees in one year.
METRO NEWS SERVICES

EDITOR: MIKE DEREZYCKY, MIKE.DEREZYCKY@METRONEWS.CA

Putting eco back into economics

ScienceMatters



Life is believed to have arisen on Earth some four billion years ago. DNA probes reveal that humans originated as a species in Africa some 150,000 years ago, which makes us evolutionary infants. For most of our brief time here, we understood that we were deeply embedded in and utterly dependent on nature for our survival and well-being. That reality hasn't changed, but our perception of it has.

For most of our existence, we were nomadic hunter-gatherers, following useful plants and animals through the seasons. Our ecological footprint (the amount of land and water required to fulfil our needs) was slight because when you have to carry everything you own you tend to lug only the bare necessities. People understood and were grateful for nature's abundance and generosity.

About 10,000 years ago, the agricultural revolution signalled a monumental shift in human existence. By deliberately planting and growing food, we could settle in one place and establish roots. Civilizations rose and fell relatively rapidly in evolutionary time, but until the past century, most people lived in rural communities and were involved in growing food.

In the 20th century humankind underwent a profound transformation. From 1900 to 2000, the world's population grew fourfold to six billion people, and cities of more than a million exploded by a factor of 30 to more than 400. More than 80 per cent of people in industrialized nations and more than half the Earth's total population now live in cities. This has resulted in a corresponding change in our relationship with nature.

Nature is the ultimate source of our water and electricity, and nature absorbs our waste. But in our globalized world, we believe the economy takes precedence over nature, a notion a provincial environment minister reinforced when he chastised me, saying, "We can't afford to protect the environment if we don't have a strong, growing economy." We hear it in the many arguments that our efforts to reduce greenhouse gas emissions, although necessary, must not inhibit the economy. But the economy is a human invention, while nature is what all life depends on.

"The economy is a human invention, while nature is what all life depends on."

In elevating economics above everything else, we ignore the reality that we live within and make a living from the finite confines of the biosphere — the thin layer of air, water, and soil where all life exists.

Nothing within a finite world can grow indefinitely; there are limits. If we are to find a truly sustainable future, we have to put the eco back into economics.

Take David Suzuki's Nature Challenge and learn more at www.davidsuzuki.org.

Dr. David T. Suzuki is a Vancouver-based award-winning scientist, environmentalist and broadcaster.

Managing our 'home'

- Economics and ecology are based on the same root word, eco, from the Greek oikos, meaning "home." Ecology is the study of home while economics is its management. Ecologists study the conditions and principles that determine the long-term survival of species. It seems obvious that managing our "home" would depend on understanding these conditions and principles.

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Care about your air quality

Eco-Minded

In London, England, on Dec. 13, 1953, 12,000 people died due to a cloud of air pollutants trapped over the city. Such a horrible episode has never occurred in the Vancouver area thanks largely to something often overlooked: Air quality monitoring.

Although Vancouver has had no major acute episodes, air pollution makes us sicker and increases our risk of dying — especially for the very young, very old, or sick.

Air quality monitoring reduces these problems in two ways. First, it helps experts determine how clean our air is and what we can do to improve this. For example, 20 years ago, the Vancouver area's air quality was under threat by a large amount of smog-forming emissions, 75 per cent of which came from automobiles.

In recognition of this considerable pollution associated with automobiles, the AirCare program was implemented to test vehicle emissions. Since then, thanks also to lower-emission vehicles, total smog-forming emissions have decreased by 35 per cent. Now, automobiles are more numerous, yet they're only 50 per cent of the problem.

Second, air quality monitoring provides us with information to avoid our own exposure (by avoiding polluted areas such as major roads and staying indoors on smog alert days) and to cause fewer emissions, especially on certain days (by refraining from backyard burning, wood fires, powered lawn mowing, driving, etc.).

We all gripe when we have to renew our AirCare certificate. But let's not forget this program has been immensely helpful in maintaining our clean Pacific air.

Let's keep Torontonians jealous!

Kai Chan is an assistant professor and Canada Research Chair at the Institute for Resources, Environment, and Sustainability (IRES) at UBC. Douw Steyn is a professor of atmospheric science in Earth and Ocean Sciences at UBC.

TORSTAR NEWS SERVICE FILE PHOTO

Air quality stations

- Metro Vancouver operates a network of 26 air quality monitoring stations located from Horseshoe Bay to Hope to Tsawwassen.
- These stations measure hourly concentrations of up to 10 air pollutants.
- Metro Vancouver provides detailed regional updates of its air quality health index at www.airhealthbc.ca/index.htm.

Funding to boost UVic programs
RBC has contributed $600,000 to support two programs at the University of Victoria focusing on PSE access for BC's Aboriginal community. The donation is going towards the university's Indigenous Student Summer Camp and Indigenous Adult Orientation Programs. METRO NEWS SERVICES

Workology

Chem lab explosion

A female graduate student at the University of Western Ontario was taken to hospital for precaution following a chemical explosion at the school last week. The student was doing lab work in the chemistry building's basement when an adverse chemical reaction occurred. METRO NEWS SERVICES

EDITOR: DOUGLAS DUNLOP, DOUGLAS.DUNLOP@METRONEWS.CA

From no name to top-of-line carpentry

ANDREW KING
for Metro Canada

It all started with an ad in the newspaper.

Twenty years ago Ralph and Helene Belisle returned home from months of travelling and set their sights on creating their own business. After graduating from the British Columbia Institute of Technology carpentry program, Ralph decided he would put his skills to the test.

"I put together a flyer and took it door-to-door," he said. "It took about two weeks to get a job and since then we've never been unemployed," said Ralph.

As TQ Construction president, Ralph Belisle built his company with the help of some innovative marketing and a little luck.

In 1985, he decided to run an ad in a paper to drum up business for his unnamed renovation company — a rare sight back then.

"At the time they had never seen a display ad for a self-employed carpenter," said Belisle. "So I put the headline in, 'top quality carpentry,' as a so-called product offering … right away we started getting calls for this 'top quality carpentry' and so we'd say 'yes,' " he said, which led to the company's current name and a top reputation in home renovations.

The company would eventually become Top Quality Construction, or TQ.

Ralph has further distinguished the company by specializing in making homes more energy efficient, which has brought in a lot of work over the past few years with the real estate boom.

The hard-working team of twenty full-time employees recently spent a year completing a $2 million overhaul of a Shaugnessy home, just the type of job that has come with a growing reputation for high-end "heritage and green" renovations.

Beer with your morning coffee

OddJobs

Diane Peters

When Mark Hantiuk gets served a bad beer, he doesn't just send it back. He takes the bartender aside and suggests the place stops serving the offending libation.

Once he identifies himself as a 30-year veteran of Labatt Breweries of Canada, the company's current brewery support manager and an expert beer tester, the places usually switches off the keg or yanks the bottles from the fridge.

"I can't enjoy a beer that's not a great beer," says Hantiuk, 50, a confessed perfectionist.

He was studying food and nutritional science at the University of Alberta when Edmonton's Labatt brewery advertised for a quality technician for the summer of 1978. Hantiuk knew nothing about beer except that he liked to drink it. "As a young guy, the concept of being a brewmaster was pretty exciting." He's since moved on to be the head brewer for the company's London, Ont., brewery.

Most of Hantiuk's day is spent poring over reports of the 250 lab tests Labatt runs on every batch of beer. Tests measure everything from colour to foam head, all of which can change thanks to the variability of malt, barley, hops and yeast.

Every day around 11:30 — after avoiding food and all drinks except water for the previous two hours — Hantiuk assembles a team in a special room with filtered air and separate cubicle-like booths, and everyone swigs up to seven different beer samples.

Yes, Hantiuk and his team drink every day, but they gulp little. "If you try to take a large amount and then go to another sample, you'll be less sensitive. Tasting doesn't lend itself to a big drinking session."

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

The Lowdown
Beer Taster

- **Salary:** not available
- **Education:** a general science degree, plus on-the-job training
- **Best part of the job:** "(Pursuinng) my passion, which is discovering the perfect beer. I also take great pleasure in teaching people, whether that's new employees or students, about what makes a quality beer."
- **Worst part of the job:** "There are times when we have a special early morning tasting, which means I have to skip my morning coffee."

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EOE.

Filmmaker Chahine dead

Moviemaker Youssef Chahine has died, just weeks after suffering a brain hemorrhage. The celebrated director, 82, died at Al Maadi Military Hospital in Cairo, Egypt, yesterday. IMDB.COM

Entertainment

New variety

Former talk-show host Rosie O'Donnell, is reportedly in talks with NBC to return to television with her own weekly prime-time variety show. EW.COM

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

Spears closes final custody agreement

IN COURT Singer Britney Spears will pay $20,000 US a month in child support to ex-husband Kevin Federline for the care of their two children and will make a final payment of $250,000 to his lawyers, according to a final custody agreement.

Spears

The monthly child support payment is a $5,000 increase over what Spears and Federline, a dancer and rap singer, agreed to last year, the court papers showed.

The deal formally settles the custody case between Spears, 26, and Federline, 30, said Allan Parachini, a spokesman for the Los Angeles Superior Court. REUTERS

Exploring Antarctic melt

Filmmaker retraces steps of explorer Shackleton in new documentary

STEVE GOW
for Metro Canada

Remember the old Split Enz song Six Months in a Leaky Boat? Well, that is nothing! Try spending 430 days on a 50-metre schooner that's been landlocked by pack ice in the middle of Antarctica.

In his new documentary, The Last Continent (opening next Friday), that's precisely what biologist/filmmaker Jean Lemire does with his crew in order to explore climate change in the Great White South and to show that, in his words, "everything is linked on this planet."

"You cannot look at climate (solely) by looking at Toronto or Canada or even North America. It's all linked."

So Lemire set off, retracing the steps of great early explorer Sir Ernest Shackleton, perhaps not realizing that spending more than a year on a boat during an Antarctica winter would include struggling with rotting food, no communication with loved ones and nasty storms. But, of all things, it wasn't the icy cold that Lemire would find most challenging — the coldest it ever dipped was to –14 C. "The average temperature for the winter months was only –5 C," says Lemire. "So it was colder in Toronto than around the Antarctic peninsula."

A scene from the new film The Last Continent.

Lemire points out that in just 50 years the average temperature in Antarctica rose 6 C — an astonishingly quick increase. "The problem with climate change is the time frame. It's happening way too fast so animals don't have time to adapt," adding Lemire. "We will have to adapt and fast."

Although a beautiful, harrowing drama of exploration, the film mainly exposes how climate change influences wildlife. In fact, other than in the bay where Lemire's ship was iced in, mild weather prevented pack ice to develop drawing many birds, seals and whales to congregate nearby, giving Lemire an extraordinary close look at the animals' struggles. "We became climate refugees, all together on a very small floating island of ice," says Lemire. "It showed how we are all part of that nature."

Win a pair of tickets to the
Metro Advance Screening of *Tropic Thunder!*
Enter at metronews.ca

Thursday, August 7 at 7 p.m.
SilverCity Metropolis at Metrotown
Opens in theatres August 13
www.tropicthunder.com

metro Do it daily.

No purchase necessary. Contest is open to readers 18 years or older. One entry per person. Contest closes Friday, August 1, 2008. Odds of winning depend on the number of entries received. For full contest rules and details, visit www.metronews.ca.

Box office

Estimated ticket sales for Friday through Sunday at U.S. and Canadian theatres:

1. **The Dark Knight:** $75.6 million US
2. **Step Brothers:** $30 million
3. **Mamma Mia:** $17 million
4. **The X-Files: I Want to Believe:** $10.2 million
5. **Journey to the Center of the Earth:** $9.4 million
6. **Hancock:** $8.2 million
7. **WALL-E:** $6.3 million
8. **Hellboy II: The Golden Army:** $4.9 million
9. **Space Chimps:** $4.4 million
10. **Wanted:** $2.7 million

REUTERS

Going out

8 p.m. The Back Kitchen Release Party. At Granville Island Stage, 1585 Johnston St. Tix: $30-33.
Info: *artsclub.com*.

8:30 p.m. Vancouver based band La La Boom Boom performs live. At The Railway Club, 579 Dunsmuir St. Tix. $5/7.
Info: *therailwayclub.com*.

Win a family four pack of tickets
to the Metro premiere of *Fly Me to the Moon!*

Saturday, August 2 at 10 a.m.
at Scotiabank Theatre
Email your contact info
youcanwin@metronews.ca

metro Do it daily.

In 3D theatres August 15!
www.flymetothemoonthemovie.com

No purchase necessary. One entry per person. Contest closes Friday, August 1st. Odds of winning depend on the number of entries received. For full contest rules and details, visit www.metronews.ca

I'm wearing Jessica

Singer Jessica Simpson will grace us with a dress line, which means now fashionistas can have an entire outfit — from shoes to handbag to jewelry — made up entirely of the Jessica Simpson Collection. **E! NEWS ONLINE**

In praise of 'successories'

InteriorDivine

God bless the humble accessory, that omnipresent decorative nugget without which even the most studiously created project runs the risk of looking somewhat incomplete.

We prefer to call accessories "successories" because, used properly, they successfully complete each room.

Gluckstein Home cushions, $19.99 each, Home Outfitters.

It's simple — choose good kit and your home will blossom. Adopt a snatch-and-grab attitude to layering, however, and your home will look overly fussy.

So what about other TV, ahem, experts who counsel clearing everything you own, suggesting as they do that your affairs are little more than worthless clutter? Pah, say we!

And we know best, because we work with our clients rather than against them. If that means shoehorning our clients' stuff into the new design (rather than into the nearest dumpster) well find a way.

But what actually constitutes clutter? And how should you edit? Well, clutter, in its truest form, happens when there are too many things dotted around that don't share a relationship. Good accessorizing, however, will add to your homes overall harmony, it should encompass your personal taste and it should only — repeat, only — be comprised of things that genuinely matter or those that have sentimental value.

So how do you pick the best accessory for the job? Well, whatever your style, your accessories should in some way relate to the colour scheme and overall mood of your home.

When dressing projects, we tend to start with our clients choice of books and art, as these tend to be extremely personal and send out strong style signals. We harvest as much info as possible to ensure every inclusion is utterly relevant.

Quantity is also worth considering — take our advice and invest in a smaller number of larger, more significant pieces; better any time than a gaggle of mismatched ornamentation.

Colin & Justins Home Heist airs Tuesdays at 6 p.m., Saturdays at 4 p.m. and Sundays at 11 a.m. on HGTV. www.hgtv.ca

How-to

Soft accessories

- In the bedroom, we love to use cushions as a splash of colour. You'll find that a few well-chosen throw pillows also add character to even the simplest of sofas.

Grouping accessories

- We generally group accessories in odd numbers — threes, fives, etc. — and we try to use items that vary in height from tall and medium and down to small.

And finally...

- The golden rule with accessorizing is co-ordination or, put even more simply, finding the right piece for the right place. A well positioned artifact can provide the difference between your room having the wow factor — or the woe factor.

IntelleVision

Russian version of The Office planned

TELEVISION Russia's Channel One will throw open its doors to a local version of Ricky Gervais and Stephen Merchant's hit TV show The Office. BBC Worldwide said it has sold local version rights to the Russian broadcaster, which will make 24 half-hour episodes via production company Red Square.

BBC Worldwide has licensed local versions of The Office to France and Canada. The most recent is set to air in Chile beginning in August with Manuel, a Latino David Brent, at the helm.

REUTERS

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primetime 7/28/08

VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
	251	308	3 CBC	Coronation St.	Countdown to	How Do-Maria	City Chase (N)	The Border (CC) (DVS)		CBC News: The National (N)		(:05) The Hour
	255	358	6 CH	E! News	The Insider	My Boys	How I Met	Nashville Star (CC)		X-Weighted "Jill" (CC)		News (N)
	254	-	8 M	Law & Order: SVU		Mandarin News		Cantonese News (N)		Punjabi News (In Punjabi N)		The Simpsons
	250	321	9 CTV	eTalk (CC)	Degrassi	High School Musical: Picture		Canadian Idol (CC)		CSI: Miami "Born to Kill"		News (N)
	-	-	10 OMNI	According-Jim	George Lopez	Coach (CC)	Growing Pains	Darling Buds of May		The Daily	Diya (CC)	New Day
	252	336	11 GTV	Entertainment	ET Canada	Bones (PA) (CC)		House "It's a Wonderful Lie"		Risk Takers "Stunt Men"		News (N)
	256	389	12 VI	Degrassi	Friends (CC)	Gossip Girl (CC)		Wanna Bet? (N) (CC)		Comedy Now "Paul Sveen"		News (N)
	253	359	13 CITY	Wheel-Fortune	Jeopardy!	American Gladiators (N)		Friends (CC)	Friends (CC)	The Mole (N) (CC)		Reviews
	-	-	14 CW	'70s Show	'70s Show	Gossip Girl (CC)		One Tree Hill (CC)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	Big Bang Th	How I Met	Two/Half Men	Old Christine	CSI: Miami "Born to Kill"		News (N)
	287	379	16 NBC	Evening Mag.	Inside Edition	American Gladiators (N)		Nashville Star (CC)		Dateline NBC (CC)		News (N)
	602	568	19 W	How Clean	How Clean	How Clean	House	Confidential	Divine Design	How Clean	Kim	House
	288	380	21 ABC	Wheel-Fortune	Jeopardy!	High School Musical: Picture		Wanna Bet? (N) (CC)		The Mole (N) (CC)		News (N)
	-	-	23 KVOS	M*A*S*H	Scrubs (CC)	If Lucy Fell ★★ (1996) Sarah Jessica Parker, Eric Schaeffer.				Cheers (CC)	Scrubs (CC)	Seinfeld
	291	383	27 PBS	Steves Europe	Antiques	Antiques Roadshow (CC)		History Detectives (N) (CC)		Chasing Churchill: In Search		Churchill
	290	382	28 FOX	Two/Half Men	Two/Half Men	Bones (PA) (CC)		House "It's a Wonderful Lie"		News (N) (CC)		Family Guy
	-	364	29 PBS	Chasing Churchill: In Search		Keeping Up	Being Served	Tavis Smiley	Charlie Rose (N) (CC)		Antiques Roadshow (CC)	
	296	654	30 SBK	Frasier (CC)	Frasier (CC)	Cheers (CC)	South Park	Comics Un.	Half & Half	Entertainment	The Insider	Paid Program
	298	653	35 TLA	Two/Half Men	Two/Half Men	Gossip Girl (CC)		One Tree Hill (CC)		KTLA Prime News (CC)		Friends (CC)
	295	651	36 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	Sex and-City	Friends (CC)	Will & Grace	Will & Grace	My Wife-Kids
	297	652	37 WPX	CW11 News at Ten		Two/Half Men	Friends (CC)	Sex and-City	Will & Grace	Frasier (CC)	George Lopez	Odd Couple
	199	311	63 STR	News (N)	News		Late Show-Letterman		(:37) Nashville Star (Taped)		Late Late Show	

news

	502	390	23 NW	Blue Helmets: Peace.		CBC News: The National (N)		CBC News: The National		Blue Helmets: Peace.		National
	500	500	69 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360

sports

	407	419	22 RSP	Sportsnet Connected		Air Racing		Best Damn Sports Show		Sportsnet Connected (Live)		Sportsnet
	400	400	30 TSN	SportsCentre (Live) (CC)			Off the Record	NASCAR Racing		Poker Night (Taped)		SportsCentre
	411	457	49 OLN	Departures (CC)		Pilot Guides "Ultimate China"		Don't Forget Your Passport		The Amazing Race 7 (CC)		Mantracker
	410	403	34 SCR	WWE Monday Night Raw		(:15) Score Tonight		WWE Monday Night Raw (CC)				Score Update
	417	406	55 SC	Barrett-Jackson		Pinks	Pass Time	This Week in NASCAR		101 Cars	Car Crazy	Auctions
	416	409	144 GLF	Fútbol Alemán: Equipos SA		Gol TV News		Ole: La Liga		Gol TV News		Gol TV News

family

	552	543	25 YTV	The Next Star (CC)		Fries That?	Futurama	Prank Patrol	Mystery Hnt.	Falcon Beach (CC)		Mystery Hnt.
	555	545	50 TEL	George	Merrie Melody	Loonatics	6teen	Total Drama	Futurama	Stan Lee Presents: Mosaic (2007, Action)		
	557	541	51 FAM	That's-Raven	Smart Guy	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
	553	546	58 TRE	Big Comfy	Rolie Polie	Beren. Bears	Babar (CC)	Backyard	Dora-Explorer	Go, Diego, Go!	The Bittles	Big Comfy

cable variety

	268	354	5 KNO	Leading Edge	Wild at Heart	BC Chronicles (CC)		My Flesh and Blood ★★★ (2003)			Call-Average	Moose: The
	575	583	20 CMT	Home Imp.	Roseanne	Dedicated		Reba (CC)	Hope & Faith	Home Imp.	Roseanne	Ed (CC)
	570	580	24 MM	PunchMuch		MuchTopTens (CC)		Punk'd (CC)	Instant Star	Video on Trial	Video on Trial	Spotlight
	600	564	29 H&G	Location, Location, Location		Holmes on Homes (CC)		Design U	Home to Stay	Property	House	Location, Loc.
	615	520	31 A&E	Paranormal	Paranormal	The Cleaner "Rag Dolls"		Intervention "Tressa" (CC)		Intervention "Asa" (CC)		Paranormal
	628	584	62 SPKE	CSI: Crime Scene Invstgtn.		CSI: Crime Scene Invstgtn.		The Thomas Crown Affair ★★★ (1999) Pierce Brosnan, Rene Russo.				
	521	560	24 TLC	Jon & Kate	Jon & Kate	Must Love Kids (CC)		Jon & Kate	Jon & Kate	Jon & Kate	Jon & Kate	Little People
	616	522	69 SHO	ReGenesis "Gene In a Bottle"		Cold Squad "Deadly Games"		Trailer Park	Billable Hours	Jekyll (N) (CC)		(:05) House
	620	523	70 BVO	Anatomy of Burlesque (CC)		Law & Order "Double Blind"		Without a Trace "Showdown"		Entourage	(:45) The Small	Back Room
	601	562	41 SLC	The Millionaire Matchmaker		End of Leash	Spoiled	Wedding SOS	Party Mamas	The Millionaire Matchmaker		Trading Sp
	520	505	42 DIS	Dirty Jobs Penguins. (CC)		Daily Planet (CC)		Blue Realm		Dirty Jobs Penguins. (CC)		MythBusters
	522	506	44 HIS	NCIS "Switch" (CC)		Servants of Evil (CC)		Downfall ★★★ (2004) Bruno Ganz, Alexandra Maria Lara. (CC)				
	627	528	45 SPC	(6:00) Taken (CC) (DVS)		Stargate SG-1 "Evolution"		Star Trek: Voyager (CC)		Star Trek: Enterprise (CC)		Star Trek Gen.
	294	650	47 TBS	Name Is Earl	Name Is Earl	Bill Engvall	Sex-and-City	Sex and-City	A Time to Kill ★★★ (1996, Drama) (PA) Sandra Bullock. (CC)			
	619	525	48 TROP	Deal or No Deal Canada		ET Canada	What	X-Weighted "Jannette" (CC)		Are You Smarter		Deal-No Deal
	603	561	52 FN	Kitchen Nightmares (CC)		Restaurant Makeover (CC)		Iron Chef America (CC)		Good Eats	Perfection	Nightmares
	626	547	57 COM	Air Farce	22 Minutes	Laughs	Corner Gas	The Simpsons	South Park	Jon Dore	Tom Green	Daily Show
	320	621	60 CEN	Stargate Atlantis (N) (CC)		Grindstone Road (2008) Fairuza Balk.			Stardust ★★★ (2007) Claire Danes, Charlie Cox. (CC)			
	581	566	101 MTV	Living	Living	MTV Live (CC)		From G's to Gents (CC)		Living	Living	MTV Live
	261	394	102 V	The Terry Fox Story ★★ (1983) Eric Fryer, Robert Duvall.				A Dream as Big		Prime Minister	Watchtower	Paid Program
	-	-	103 MUL	The Land	Daughters	Doctor Song Lian Sheng		Marimar		GMA Telesine Night		Patrol World

CSI: Miami

They know Y, and they think they know who. But guess again. In "Born to Kill," Caine (David Caruso) and the team help capture a suspect in a series of murders in which the victims are branded with the letter Y. It turns out the suspect has an extra Y chromosome, which was once believed to predispose a male to criminal behavior. So it looks as if the case is closed ... until more murders start happening. Back to the drawing board — er, lab. 10 PM on CBS CTV

critics'corner

History Detectives

Two tragedies and one triumph are the subjects of this new episode. Elyse Luray attempts to determine if a small metal box came from the ill-fated zeppelin Hindenburg, while Wes Cowan investigates a stamp urging payment of a promised bonus to World War I veterans, which 20,000 vets marched on Washington, D.C., to demand, with fatal results. Tukufu Zuberi checks out a bell that may have been used in the fight that made Jack Dempsey the heavyweight champ. 6, 9 PM on PBS

Sober Living
Comedian Andy Dick has reportedly signed up for Celebrity Rehab spin-off show Sober Living, in a bid to beat alcoholism. IMDB.COM

Celebrity Buzz

Hilton feels all grown up

RELATIONSHIPS "I just feel like a grown-up now."

That's Paris Hilton talking. The hotel heiress attributes her newfound maturity to her romance with musician Benji Madden and their more low-key lifestyle, People.com reports.

"I think my whole life I was kind of living as a teenager and not really taking responsibility," Hilton said. "Now I realize that I'm an adult and I'm running a huge company and I'm in love. I'm in a great relationship. I have my family. I'm just excited for life."

When the notion of tying the knot with Madden (whose brother Joel is the paramour of Nicole Richie) was broached, Hilton was cautiously optimistic.

"I don't know," she mused. "We're so in love and so happy right now and it's only been like six months. So we'll see what happens, but we're so in love and so happy and things have never been better. I finally have a nice guy."

The couple is also making music together in the studio. "We just wrote together," Hilton said. "I had a whole recording studio in my house and so we've been working there every night. "He helps me because he's an incredible writer and we're on the same wavelength," she said.

METRO NEWS SERVICES

GETTY IMAGES PHOTOS

No more tattoos for Richie's man

BAN Nicole Richie has banned fiancé Joel Madden from getting another tattoo, femalefirst.co.uk reports.

The 26-year-old beauty, who has a six-month-old daughter Harlow with the Good Charlotte rocker, reportedly lost her temper when Madden told her he wanted an etching of their daughter on his tooth.

"Joel promised Nicole that he wouldn't get any more tattoos," a source said. "Then a friend suggested a tooth tattoo, which is a photo imprinted on a tooth. When Joel told Nicole he wanted to get their daughter Harlow's face tattooed on one of his front teeth, she shrieked, 'Absolutely not!'"

Madden has around 10 tattoos.

METRO NEWS SERVICES

Mills is impossible: Publicist

QUITTING Heather Mills' publicist Michele Elyzabeth has quit her job, declaring Heather "impossible" to work for, femalefirst.co.uk reports.

"After working for Heather Mills for four years, I have decided to cease representing her," Elyzabeth said, who claimed Mills called her stupid. "Since her divorce has become final, in my opinion, Heather has become an impossible person."

Elyzabeth, who claims she is owed money by the charity campaigner, also admits she can now understand the public perception of Mills.

"I have been very patient in my dealings with Heather, however, I cannot take anymore," Elyzabeth told the TV show Extra.

METRO NEWS SERVICES

celebrity briefs

Wahlberg devoted to family life

MARRIAGE With baby No. 3 on the way, Mark Wahlberg is committed to making his family life as successful as his film career — and that includes marrying longtime girlfriend Rhea Durham, People.com reports. The actor and Durham, 30, plan to have a formal wedding next summer after their baby is born.

METRO NEWS SERVICES

It's a girl for Chicks' Maguire

BABY NEWS Martie Maguire of the Dixie Chicks gave birth to a girl, Harper Rosie Maguire, on Friday in Austin, Tex., the musician announced. The baby is the third child for Maguire.

METRO NEWS SERVICES

Richards goes 'too far'

CUSTODY BATTLE Denise Richards went too far when she falsely accused her ex, Charlie Sheen, of molesting their daughters — and now Sheen will move for full custody of the kids by charging that their mother is a liar, PageSix.com reports.

Richards dragged Sheen into a Los Angeles courtroom early last week for a mysterious "emergency" child-custody hearing to screen videos of their girls, Sam and Lola, supposedly acting in strange and disturbing ways. Sheen's lawyers — who got the "evidence" dismissed — presented their own videos of the girls acting normally at his house.

"Denise's accusations were vile," a source said. "She was basically trying to say Charlie (manipulated) the kids and acted inappropriately with them. It's disgusting and totally untrue. Charlie is furious … Denise has really pushed it too far this time."

METRO NEWS SERVICES

Bello's bold move pays off

RELATIONSHIPS Actress Maria Bello is pleased she flirted with a hunky waiter at a family birthday party — because he soon became her boyfriend, imdb.com reports.

The Mummy: Tomb of the Dragon Emperor star was at a relative's birthday party, when she spotted a restaurant staffmember who took her fancy.

And instead of gossiping about the hunk to friends, the determined star marched over and asked if he was single.

"I walked up and said, 'Can you take this cake and put a candle in it? And by the way, do you have a girlfriend?' " she tells New York gossip column Page Six.

"(And) from that night on, we've been together."

METRO NEWS SERVICES

Publisher sues Foxy Brown, Lil' Kim

IN COURT Executives at a publishing company have launched legal action against Foxy Brown and Lil' Kim — accusing the rappers of failing to deliver books they were paid to write, femalefirst.co.uk reports.

Lawyers for Simon & Schuster Inc filed papers recently claiming Brown, whose real name is Inga Marchand, was paid $75,000 US to deliver a book about her life, titled Broken Silence, by February 2006.

Lil' Kim, whose real name is Kimberly Jones, has been accused of taking a $40,000 US payment for a novel which was due for completion in June 2004.

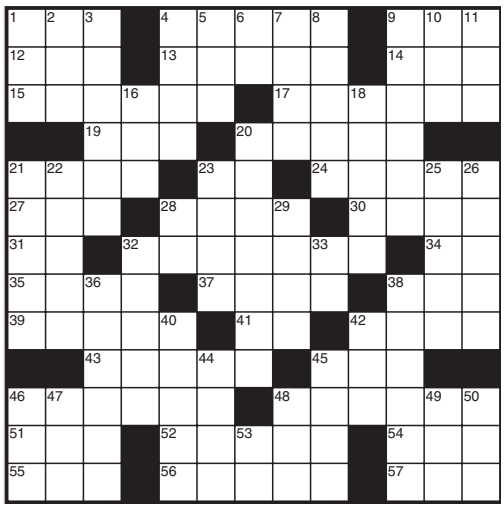
After signing the book deals, both women were sent to prison. Jones was jailed for a year in 2005 for lying about a shooting, and Brown spent eight months behind bars for violating her probation, stemming from a 2006 assault conviction. She was released in April.

The New York-based publishing company is seeking remuneration for the advance payments which were awarded to the two artists.

METRO NEWS SERVICES

Heartbroken
Drew Barrymore's ex-boyfriend Justin Long has reportedly quit a role in the actress' directorial debut Whip It because he is still too raw from their split to work alongside her. IMDB.COM

Take Five



Crossword down

1 Links goal
2 Frothy brew
3 Rock plant
4 Defeat
5 Bratty kid
6 Okefenokee loc.
7 Units of resistance
8 Tracks
9 Debacle
10 Joule fraction
11 Mark of Zorro
16 Alley from Moo
18 Brooklyn Dodger great
20 Type of board
21 Gauges
22 Finance
23 Be, to Henri
25 Pickpocket
26 Famed conductor Georg —
28 Cafe — lait
29 Cleopatra's wooer
32 End-of-year temp
33 Not you
36 In the phone book
38 Snafus (hyph.)
40 Applies gold leaf
42 Watch pocket
44 Pond dweller
45 Tan
46 "When We Was —"
47 Turmoil
48 Playful bark
49 Compost
50 Educational org.
53 Three-toed sloth

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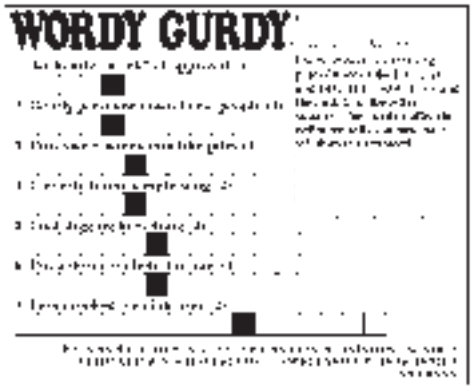
Crossword across

1 Good buddy
4 Harshness
9 City in Morocco
12 Spinks defeater
13 Insurance center
14 Testiness
15 Win back
17 Lake in a desert
19 Faucet word
20 Ocean sightings
21 Mysterious
23 Hosp. unit
24 Splinter groups
27 Hostel
28 Quark's home
30 London district
31 Teaser
32 Smith or Jones
34 Peoria's st.
35 Kinks' tune
37 Limerick locale
38 Bumped into
39 Big Band music
41 Raleigh's st.
42 Poodle name
43 Itch
45 Kind of kite
46 Femme —
48 Hair colour
51 Juice-based drink
52 Elf
54 Edgar Allan —
55 Slangy physique
56 Fail to tip
57 Depot (abbr.)

previous day's answer

I	L	K			O	P	T		S	H	U	T
S	I	A	M		I	R	A		P	E	S	O
M	A	Y	A		L	O	U		R	E	E	L
	R	O	C	K	E	D		F	A	L	S	E
			A	I	D		L	O	W			
A	K	R	O	N		E	A	R	L	I	E	R
Y	O	U			D	R	Y			R	Y	E
E	A	G	E	R	E	R		J	U	K	E	D
			P	A	L		T	O	N			
A	M	B	I	T		S	U	N	S	E	T	
F	O	O	L		F	E	N		E	B	A	Y
A	N	N	O		R	A	E		R	O	L	E
R	A	N	G		O	R	D			N	E	W



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This day in history

JULY 28, 1586: First potato arrives in Britain.
JULY 28, 1609: Bermuda is first settled, by survivors of the English Sea Venture, en route to Virginia.
JULY 28, 1821: Peru: Jose de San Martin declares independence from Spain.
JULY 28, 1868: The 14th Amendment to the Constitution in the U.S. is passed, establishing African American citizenship and guaranteeing due process of law.

Sudoku

INSTRUCTIONS:
The digits 1 through 9 will appear exactly once in each row, each column, and each zone. (A zone is an outlined 3x3 grid within the larger puzzle grid. There are nine of these zones in the puzzle.) Do not enter a digit into a box if it already appears elsewhere in the same 3x3 zone, or in the same row across the puzzle, or column down the puzzle.

previous day's answer

6	9	3	5	1	4	8	2	7
7	5	2	9	3	8	1	6	4
8	1	4	6	7	2	9	5	3
2	3	1	7	8	5	4	9	6
9	6	8	2	4	3	5	7	1
4	7	5	1	6	9	3	8	2
1	4	9	8	2	7	6	3	5
3	8	7	4	5	6	2	1	9
5	2	6	3	9	1	7	4	8

SOLVE TIME IN MINUTES:
Under 13 . . . . . Genius
13-17 . . . . . Scholar
17-21 . . . . . Smart
21-25 . . . . . Not bad
25+ . . . . . Keep practicing

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
A notorious cheater settles a debate. Ignore apathy and stand by your original plan. Spontaneity inspires the kissing of someone.

TAURUS
APRIL 21-MAY 21
Pushing ideas on a scared man is stupid. There's no reason to fix anything that isn't broken. Shocking behaviour isn't acceptable.

GEMINI
MAY 22-JUNE 21
An awkward man is the master of love. Snoozing becomes a source of irritation. Present your ideas with passion.

CANCER
JUNE 22-JULY 22
Getting special treatment is an act of justice. Be indulgent with a peer. A surprising offer will be made.

LEO
JULY 23-AUG 23
Respect is the result of an encounter. Your charisma won't win you the job you deserve. Don't get caught up in confrontations.

VIRGO
AUG 24-SEPT 22
Something useless will be discarded. Confide your wishes to a trusted friend. Your ability to understand will reach new heights.

LIBRA
SEPT 23-OCT 23
Knowledge of consequences adds depth to relationships. Share funny things with cuddle bunnies. Revise a solution to a problem.

SCORPIO
OCT 24- NOV 22
Intense happiness will be felt on a new path. Your heart will alter your love life abruptly. A homebody is avoiding doing chores.

SAGITTARIUS
NOV 23- DEC 21
Love blooms for a troubled person. A relative saves the day. Offer an invitation to a truthful female.

CAPRICORN
DEC 22-JAN 20
Self-assurance makes a difference in a lover. A childhood trauma is called to mind. A tiny female gives wise instructions.

AQUARIUS
JAN 21-FEB 18
An innocent man will confuse you. Last minute rewards come before bedtime. Take your place in somebody's loving heart.

PISCES
FEB 19-MAR 20
A champion is caught in an act of kindness. Free yourself from a horrible situation. You're lucky because of your daydreams.

6		8				7		5
	5	3	8		2	9	1	
4								6
			2		4			
	7			1			8	
			7		9			
1								8
	8	2	9		3	6	7	
3		4				5		2

Vancouver weather

Afternoon	Tonight	Tuesday	Wednesday	Thursday
Partly cloudy. 20°	Rain. Low 14° 90%	Rain. 17°/14° 80%	Variable. 19°/12°	Partly cloudy. 19°/11°

The Weather Network theweathernetwork.com

Temperature Normals
High: 22.9°
Low: 13.6°

Records
High: 31.9°/1998
Low: 7.8°/1949

Sunrise: 5:40 a.m.
Sunset: 8:57 p.m.
Moonrise: 12:54 a.m.
Moonset: 6:28 p.m.

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